

#### ABSTRACT OF THE DISCLOSURE

A cushioning element (1) such as a mattress or a pillow for beds and the like, consisting of a support surface (2) having at least one primary hole (5) provided  
5 with at least two portions consecutive to each other in longitudinal section. The portions (5a, 5b) have different cross-section widths and are separated from each other by a transition region. The element (1) further has a base surface (3) opposite to said support  
10 surface (2), in which a secondary hole (7) is formed.